

# Cycle tour along the Adige through South Tyrol

8 DAYS / 7 NIGHTS, APPROX. 300 KM  
BOOKING CODE: IT-ETIB7

DAILY ROUTE LENGTH ●●●●●  
TOPOGRAPHY ●●●●●



## Your tour

Unique scenic contrasts await you on your cycling holiday. The starting point of this tour is Innsbruck, the capital of the Alps. Mighty mountain massifs accompany you as you comfortably cycle through the valleys. Over the Reschen Pass, which you cross comfortably in the transfer bus, you reach South Tyrol, the sunny side of the Alps. A true cyclist's paradise awaits you! The mild climate tempts you to a relaxed cycling tour already in spring. In summer you will experience the blossoming orchards, in autumn the grape harvest takes place. As you can see, a cycling holiday on the Adige through South Tyrol is always in season. Not only the landscape will enchant you, but also the famous cities of Innsbruck, Merano and Bolzano.

## Itinerary

<b>Day 1</b>	Individual arrival in Innsbruck
<b>Day 2</b>	Innsbruck – Imst, approx. 65 km
<b>Day 3</b>	Imst – St. Valentin / Burgeis / Mals, approx. 50 km + bus trip
<b>Day 4</b>	St. Valentin – Meran, approx. 65 km
<b>Day 5</b>	Excursion to the Passeiertal, approx. 40 km
<b>Day 6</b>	Meran – Auer, approx. 50 km
<b>Day 7</b>	Auer – Bozen, approx. 35 km
<b>Day 8</b>	Individual departure

## Travel time

<b>Season A</b>	27.04. – 10.05.	28.09. – 05.10.
<b>Season B</b>	11.05. – 22.05.	07.09. – 25.09.
<b>Season C</b>	25.05. – 04.09.	

Arrival Wednesday and Saturday 27.04. – 05.10.2024  
The season is dictated by the arrival date.

## Services

- 7 nights with breakfast, national 3\* / 4\*-level
- Bus transfer Landeck – Nauders incl. bike
- Luggage transport from hotel to hotel to Bolzano, max. 20 kg / piece
- Cycle route description with maps (1 x per room)
- Service-Hotline (7 days, 08.00 a.m. – 08.00 p.m.)

## Not included services

- Citys or visitors tax, if payable

## Basic price per person

Doubleroom, Season A	1149,-
Doubleroom, Season B	1239,-
Doubleroom, Season C	1299,-
Price Surcharge Singleroom	319,-

## Additional night prices per person

Bolzano DBL / BB	129,-
Bolzano SGL / BB	205,-
Innsbruck DBL / BB	85,-
Innsbruck SGL / BB	135,-

## Additional services per person

E-bike / Pedelec*	259,-
Rental bike (7- / 21-gear)*	99,-
Return transfer excl. bike (Sat)	85,-
Return transfer incl. bike (Sat)	125,-

\*including rental bike insurance

## Exemplary hotel list

Innsbruck	Austria Trend Congress Innsbruck	<a href="http://www.austria-trend.at/de/hotels/congress-innsbruck">http://www.austria-trend.at/de/hotels/congress-innsbruck</a>
Imst	Hirschen Imst	<a href="http://www.hirschen-imst.com/">http://www.hirschen-imst.com/</a>
St. Valentin / Burgeis / Mals	Hotel zum Hirschen Mals	<a href="http://www.hotel-hirschen.it/">http://www.hotel-hirschen.it/</a>
Meran	Villa Laurus, Meran	<a href="https://www.hotelsmerano.it/de/hotel-villalaurus-meran/">https://www.hotelsmerano.it/de/hotel-villalaurus-meran/</a>
Meran	Villa Laurus, Meran	<a href="https://www.hotelsmerano.it/de/hotel-villalaurus-meran/">https://www.hotelsmerano.it/de/hotel-villalaurus-meran/</a>
Auer	Kaufmann Auer	<a href="http://www.hotelkaufmann.it/">http://www.hotelkaufmann.it/</a>
Bozen	Parkhotel Mondschein, Bozen	<a href="https://www.parkhotelmondschein.com/de">https://www.parkhotelmondschein.com/de</a>
	Parkhotel Laurin, Bozen	<a href="https://www.laurin.it/de/parkhotel-bozen/1-0.html">https://www.laurin.it/de/parkhotel-bozen/1-0.html</a>

## Child reduction on basic price

0 - 5 Years	100%
6 - 11 Years	50%
12 - 14 Years	25%
15 - 17 Years	10%

Due to the more demanding stages, we recommend this trip only for young people with good stamina. Reduction for children is valid for accommodation in room with two full-paying guests.

## Languages Travel documents

→ German, English, French

## Additional note

- All bookings are on request.
- Return journey to Innsbruck: Optional return transfer by minibus every Saturday morning, reservation required.
- Alternatively on your own by train, connections every hour, 0 – 1 change, duration approx. 2 hours.
- Twin / double rooms / separate beds are only occasionally available. We treat requests as non-binding customer requests, if above mentioned room types are a booking condition, it must be mentioned as a condition at the time of booking.

## Equipment of our rental bikes

- Bike lock
- Odometer
- Air pump (per room)
- Breakdown kit (1 x per booking)
- Unflat Schwalbe Marathon Plus tyres or comparable
- Waterproof pannier
- Waterproof handlebar bag with map holder

## Journey to Innsbruck

- Nearest airports: Innsbruck, Munich
- Train station: Innsbruck

## Parking in Innsbruck

- Public garage, approx. 17 € / day, payable on site.
- No reservation possible through Radweg-Reisen.

## Travel documents

- Travel document dispatch to the arrival hotel, hotel list and arrival information in advance by e-mail

## Stages description

### Day 1: Individual arrival in Innsbruck

Pfiat di in Austria! Grab your bike and explore Innsbruck, famous for the Golden Roof. Located near the Inn River, bike through Innsbruck's Old Town, which is characterized by town houses and densely built narrow streets. Stroll through Innsbruck's Hofgarten, a listed park on the edge of the old town.

### Day 2: Innsbruck – Imst, approx. 65 km

You leave Innsbruck and cycle comfortably along the Inn. Accompanied by the high mountain massifs, you reach Stams. Visit the Cistercian abbey of Stams Abbey with its own schnapps distillery. Cycle through typical Austrian villages as you approach your destination for the

day, Imst. Once you arrive in the charming historic town, visit the Rosengarten Gorge or take a fast-paced ride on the Alpine Coaster, the longest Alpine rollercoaster in the world.

### Day 3: Imst – St. Valentin / Burgeis / Mals, approx. 50 km + bus trip

Today you cycle comfortably along the Inn as far as Landeck. From here, the ascent to the Reschen Pass begins, which you can enjoy in comfort on the transfer bus. You cycle up just under 70 metres in altitude to the top of the pass before a long descent. You are now in Italy. A short photo stop at Lake Reschen is a must - here you will find the sunken town, of which only the church spire still protrudes from the lake. Roll on relaxed and enjoy the wonderful Alpine panorama.

**Day 4: St. Valentin – Meran, approx. 65 km**

Cycle leisurely through the beautiful landscape of South Tyrol. Today you will discover many castles, fortresses and monasteries high up on the rocks or in the midst of the blossoming vineyards. Stop and treat yourself to a short break to enjoy the marvellous panorama. Rest up and continue to Merano, a medieval town with Mediterranean flair. Stroll through the historic town centre with its famous arcades and quaint courtyards.

**Day 5: Excursion to the Passeiertal, approx. 40 km**

Today you cycle into the Passeier Valley, one of the most rustic and diverse valleys in South Tyrol and also home to the Tyrolean folk hero Andreas Hofer. Need a break from cycling? Then leave your bike behind today and set off on a shopping spree under the famous arcades of Merano/Meran. Pure relaxation with a marvellous panoramic view of the surrounding mountains awaits you at the Merano Thermal Baths (not included). Finish your day with a stop at a traditional restaurant. Don't miss out on the famous spinach dumplings, an apple strudel and a good drop of wine.

**Day 6: Meran – Auer, approx. 50 km**

Today you cycle along the Adige river on the cycle path of the same name on your cycling holiday through South Tyrol. The surroundings are at their most beautiful here. You will find blossoming fruit trees and green vines everywhere. Cycle leisurely past noble villas and elegant country estates to Lake Kaltern. Jump into the refreshing water, as Lake Kaltern is known as the warmest bathing lake in the Alps. Now it's just a short cycle ride to Ora. Enjoy the evening strolling through the narrow, winding streets of the small wine village.

**Day 7: Auer – Bozen, approx. 35 km**

On the last stage of your cycle tour along the Adige through South Tyrol, you have the choice: cycle leisurely through the flat Adige Valley along the vineyards. Or: If you prefer a more sporty stage, cycle through a beautiful wooded area to the Montiggl Lakes. Whichever option you choose, Bolzano is not far away. In the capital of South Tyrol, visit the archaeological museum and its most famous „visitor“ Ötze, the Iceman. Afterwards, treat yourself to a caffè macchiato on Waltherplatz square in the heart of the city.

**Day 8: Individual departure**

After breakfast you start your individual return journey home or extend your stay.